

## The Time is Right to Eat Better and Increase my Activity, Isn't It?

You may be starting to think about another diet before summer comes, but shouldn't you be thinking about changing some bad habits for good? It may be hard at first, you may have to change some things but what do you have to lose? Here are some questions to ask yourself to get you thinking about taking the step to making healthy lifestyle changes. If you answer yes to most of these questions a Dietitian can help lead the way and provide strategies on how to get there. So if you are ready phone, to make an appointment with Sarah Davis (Accredited Practising Dietitian) today.

1. I admit that I have been unsuccessful in trying to manage my diet in the past, but I am willing to follow the steps and strategies given to me by a health professional?
2. I am willing to make my health and the control of my weight a top priority in my daily life?
3. I admit that I must take responsibility for my life, and I am committed to making permanent changes?
4. I am ready to eat differently even if it affects my family's or my friends' feelings, or causes conflict?
5. I am at the end of my rope, and I am ready to take on the advice given to me by a health professional with my best interests at heart?
6. I am willing to seek help and honestly take advice given to me to change myself, my lifestyle and my behaviour?



## Orthotics - 'To be or not to Be?'

*In recent months, I have had an increasing number of new patients coming in with weird and wonderful contraptions which could only be loosely described as 'orthotics'. There were the usual array of off-the-shelf devices commonly found at your friendly local chemist or kindly shoved into shoes by our friends at The Athlete's Foot. Here is one of the more interesting cases I came across.*

*The first case involved a lady who had been to the Easter Show. She came across a stand that was selling orthotics and after discussing her condition with the salesperson, she was advised that she needed custom-made orthotics. All she would need to do was provide her shoe size and the orthotics would be sent out to her within a few weeks (Let me just mention quickly that in order to make custom-made orthotics, Podiatrists need to take a plaster cast of the feet). She was made to sign a contract and had to pre-pay the full amount which was equivalent to a pair of custom-made orthotics made by podiatrists. As our initial consultation went on, I found out that the reason this lady had made an appointment with me was to get a letter stating that she needed custom-made orthotics. This would then allow her, she was told by the sales person, to claim for her purchase through her health fund. (Custom-made orthotics made by podiatrists are usually covered by health funds, depending on the level of cover). The problem was, health funds do not cover these sorts of off-the shelf products. So the lady was stuck with an inferior product that she had paid way too much for, and was unable to claim. To add insult to injury, she had found no real improvement with her condition and was not able to go back to the people who sold them to her.*

*Custom made orthoses are used to treat many lower limb conditions such as; shin splints, bunion pain, heel pain, tendonitis,*

*and arthritis. These devices actually change the way you walk and function, so don't let just anyone put something in your shoes. A qualified podiatrist is able to assess you, prescribe and supply you with the exact product you need. Please do not hesitate to contact Health plus Chiropractic for an appointment with one of our two qualified podiatrists.*

## Hello from your health care team!

Do you see winter as good a time of opportunity? Do you like this time year to curl up with a good book, see a movie, play winter sports or spend time with friends?

Your health benefits from enjoyable activities and a positive outlook. Our team is geared to keeping you active and on your feet, treat sports injuries, keep your diet on track and most of all - staying happy and healthy. If you're having trouble doing the 'right thing' for yourself - come and talk to us!

At Health plus Chiropractic - we're doing our best to offer you the latest and most useful. Our staff have been exposed to the latest research in dietetics, podiatry and chiropractic thanks to the recent conference attendances by Sarah Davis, Dollene Hadjetian and Rachael Veronesi. Meaghan Brady has run a successful course for those interested in Seated Massage here in July.

Many of our patients suffer chronic pain, tension and anxiety. One of the very effective and powerful methods of dealing with chronic health disorders is by using relaxation techniques and meditation. Josephine Capitani is an expert in teaching these important life skills and her next highly sought after class starts in September. This is a class that will truly change your life!

# “A Quiet Mind is a Winning Mind”

That's what many professional athletes' around the world are learning. They are turning to biofeedback in order to help achieve this quiet mind and be “in the zone”. Hence, Brain wave training and breath training are becoming popular amongst elite athletes and successful corporate executives.

The Italian soccer team AC Milan gather regularly in the Mind Room, a glassed-in facility at the team's chic training complex. Each player's head is fitted out with sensors that send a signal from their scalp to a computer. Whilst they relax they can also watch their brain waves play out a symphony on the monitor and learn to control a video game with their brains. When a sudden spike appears on the screen the player's job is to use all their mental discipline to banish the discordant thought – the anxiety response of the brain to a negative memory – and return to a neutral, open state which is optimal for performance.

This procedure is called neurofeedback training; colloquially also known as Brain Wave Training. According to D. T. Max, in *Mens Vogue* Dec 2006, many athletes swear by it and say it improves their performance, among them the tennis champion Mary Pierce and the Olympic gold-medal skier Hermann Maier, Tiger Woods and many other golf players, not to mention various players on the 2006 World Cup champion Italian soccer team. The goal of neurofeedback is to train the brain so that an athlete stays focused in competition. Experts have shown that a state of calm neutrality can help players perform better. The idea is that we damage ourselves when we can't get past our irritations and, especially, our remembered failures—our airballs, unforced errors, or pushed one-foot putts. ...Neurofeedback tries to block this downward spiral of self-destructive doubting. When it works, it helps the player find “the zone” and stay in it. The notion that freedom from stress will make you a better athlete is hardly new. “You must swing



smoothly to play golf well and you must be relaxed to swing smoothly,” Bobby Jones said decades ago. “Thinking has always been stinking”. But two things have changed since Jones's time to make interventions like neurofeedback feasible. We can now define a relaxed state of mind with precision, and we seem to have proof that, once relaxed, the brain can be taught to stay that way.

Neurofeedback could potentially improve not just athletic skills, but also scholastic, artistic and professional ones—our sense of organization, how we deal with setbacks, even how we respond when the kids refuse to go to bed. Who would not want a quiet mind on demand?

Neurofeedback is not just for the benefit of elite athletes and executives. It has a much wider application. It is of special concern to psychologists in that the brain is a central contributor to the emotions, physical symptoms, thoughts, and behaviours that define many problems for which people seek psychological consultation. Problems being addressed through

neurofeedback include anxiety, depression, attention deficit and hyperactivity disorder, memory difficulties and general cognitive functioning, learning disabilities, head injury, obsessive-compulsive disorder, chronic pain, epilepsy, immune system disturbances, panic attacks, sleep disturbances, and more. Scientists have identified specific patterns of brainwaves that contribute to a lack of wellness, and that tend to be related to disorders such as some of those listed here. Neurofeedback is a therapy of training the mind and body to function in a more optimal way in order to ease negative emotional, cognitive, physical, and behavioural experiences. It is seen by many people as a viable alternative to medication, encouraging and nurturing the body's own ability to reorganize, change, and heal itself in a natural way.

Dr Angelo Schibeci and Josephine Capitani have been practicing Brain Wave Training and biofeedback for 10 years. They have helped many patients, young and old alike, with this state of the art therapy at Health *plus* Chiropractic over the years.

## **COLDS, FLU, IMMUNITY AND CHIROPRACTIC**

Germs, such as bacteria and viruses, are everywhere: in the air we breathe, the food we eat, the water we drink and everything we touch. You probably have influenza, tuberculosis, tetanus, staphylococcus and other germs in you all the time. Yet infections are relatively rare – most of the time we, and most people, are infection free. Why isn't everyone sick all the time? Because there's more to getting sick than breathing in germs. Even in the worst epidemic, the majority of the population never get sick.

Professor Rene Dubos, one of the most influential scientists of the 20th century, rejected "germ equals disease" thinking. He said, "Viruses and bacteria are not the sole cause of infectious disease, there is something else."

If you were to ask the average person walking down the street what chiropractic was, do you think that they would know what you may know... and do you think that they would associate chiropractic care with helping a whole range of organic conditions?? Conditions such as the common cold or flu??

Are you aware of diverse implications of what each adjustment is doing for you??

What is that "something else?" A malfunctioning body causing low resistance to disease becomes fertile ground for germs!

A great way to improve resistance to disease and keep germs in their place is make your body function better by having your nervous system working in good order. There are many studies supporting the premise that chiropractic adjustments help to normalise pain thresholds and several studies and/or case studies that support that the adjustments help to normalise muscle spasm. A landmark clinical study in Australia however has shown decreased cortisol levels (an immune stress hormone), decreased anxiety levels and a increased immune competence in response to chiropractic care!

The fever that accompanies the cold and flu is actually a blessing, not a curse... fever tells you that the repair mechanisms of the body are kicking into gear. Nature requires time to heal. Unless faced with an emergency, use watchful waiting. Symptoms are evidence that healing is taking place. Suppressing symptoms interferes with natural healing processes. The human body has a remarkable capacity to heal itself- and it doesn't produce unwanted side effects.

Research has shown that children who produce higher fevers, strong rashes and good discharges of mucus and pus, are healthier and more robust and have stronger

immune systems than children who produce a low intensity of these symptoms. These robust children vigorously externalized and healed their infections spontaneously, often without antibiotics; they had had little or no antibiotics, antipyretics in their lives. The children who had had lots of antipyretics and antibiotics – a lot of suppressive, internalizing medical treatments, these children never got high fevers and were the ones who were more likely to have allergies and autoimmune problems.

Chiropractic is based upon the logic that if there is interference in the nervous system, the immune system, which is intricately linked to it, will not function properly or at least not as well as it should. If you shut down the nerve system completely (death), the immune system will not work at all. Therefore, if you interfere with its function, the immune system will work at less than 100%. Chiropractic helps the immune system work better because if the nervous system works better, every system in the body works better, including the immune system.

It is important to note that chiropractors do not claim that Chiropractic cures the flu, the common cold or anything else. We just maintain that if there is an interference in the nerve system, the immune system will not work as well as it should and if that interference is removed, the immune system will work better. How much better? Well we do not know. But then again we really do not know how much benefit fluid and rest are for the immune system. All these individually or together could be the difference between getting well from the flu or not.

In an Australian winter with near record numbers affected by flu and viruses - come and have your nervous system adjust to assist your immune system!



*Paul Trofa - Chiropractor and  
Dollene Hadjetian - Podiatrist*

# CERVICAL SYNDROME TORTICOLLIS

“TORTI WHAT?” TORTICOLLIS, also known as “Wry Neck” or “Stiff Neck”, is a condition associated with spasm of the neck muscles which usually presents acute pain and is more commonly found in younger patients.

Torticollis often seems to occur as a result of prolonged incorrect/poor posture during sleeping, usually with the neck in flexion with rotation. The many sufferers are stomach sleepers who usually wake with a “stiff” neck, unable to move or in severe pain and require treatment immediately.

Other causes of torticollis when a trigger point is activated, (that is a hypersensitive spot in your muscle that is tight and tender and refers or spreads pain) include:

- \* occupational/postural stresses eg; typing at a computer, long telephone calls,  
sleeping on a sofa with inadequate pillow support
- \* recreational stresses eg; over exercise, such as playing vigorous tennis or swimming
- \* psychological stresses eg; “weight of the world on my shoulder” reaction or a tense, hostile, aggressive posture also may be contributory.

\* Infection eg; acute upper respiratory infection & during an attack of oral herpes simplex.

The major muscles associated with this condition are the sternocleidomastoid, trapezius, levator scapulae, scalenes and suboccipital muscles.

This condition (torticollis) usually resolves spontaneously in about 7-10 days, quicker with treatment.

Massage therapists will make an assessment of your presenting condition, including history, severity of pain and range of motion of the neck and muscles.

Treatment for acute conditions will require a combination of massage, ice to the area for 10 minutes or cooling oils, stretching, corrected sleeping positions using a rolled towel under the neck to restore correct curvature.

Trigger points and traction/stretching will help decrease the severity and usually requires frequent treatment. Once acute spasm is resolved, most patients will have pain reduction almost immediately with an increased range of motion.

**For more information please speak to one of our massage therapists.**

Are you STRESSED out?

Do you feel like everything's getting on top of you?



How well are you managing?



Are you always attending to other's needs?

Maybe it's time to learn to take care of you and put joy and wellbeing back into your life.



How well are you attending to your own needs?

**Start doing this by coming along to the Meditation & Stress Management Workshop. This 8 week course starts Tuesday 7.30 pm 25 September 2007. Cost is \$220**

**Enroll now - places are limited. Bookings close September 20.**



(Medicare rebates may be available - conditions apply)

**Health plus  
Chiropractic**

Chiropractors: - Anthony O'Reilly, Paul Trofa and Rachael Veronesi  
Dietitian Sarah Davis  
Massage Therapists: - Gary Fairhurst, Meaghan Brady and Sarah Egan  
Podiatrists: - Dollene and Ara Hadjetian  
Psychologists:- Dr Angelo Schibeci and Josephine Capitani

[www.healthpluschiropractic.com.au](http://www.healthpluschiropractic.com.au)

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Health Plus Chiropractic is a team of health care professionals committed to the highest quality of care and service by being consistently enthusiastic, efficient, loving and dedicated to health care. We will treat and educate those who strive for optimum health and wellbeing, and in return be rewarded by seeing satisfied patients, reaching our full successful potential and bringing joy and fulfillment to us all.